



# Air Fryer Carrots

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Learn to make perfect air fryer carrots; crispy on the outside and tender inside. Ready in less than 15 minutes, they work with standard and baby carrots. **Watch the video below to see how I make it in my kitchen!**

<b>Course</b>	Appetizer
<b>Cuisine</b>	American
<b>Prep Time</b>	1 minute
<b>Cook Time</b>	15 minutes
<b>Total Time</b>	16 minutes
<b>Servings</b>	4 servings
<b>Calories</b>	92kcal
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## Ingredients

- 4 large carrots cut into match sticks
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

## Instructions

1. Add the carrots, olive oil, salt, and pepper into a mixing bowl and mix until combined.
2. Add the seasoned carrots to an air fryer basket and air fry at 180C/350F for 15 minutes, shaking halfway through.
3. Remove the carrots from the air fryer and repeat the process until all the carrots are cooked.

## Notes

**TO STORE:** Put the leftovers in an airtight container and store them in the refrigerator for up to 4 days.

**TO FREEZE:** Place leftovers in a shallow container and store them in the freezer for up to 6 months.

**TO REHEAT:** You can reheat them in the microwave, air fryer, or skillet.

## Nutrition

Serving: 1 serving | Calories: 92kcal | Carbohydrates: 7g | Protein: 1g | Fat: 7g | Sodium: 341mg | Potassium: 234mg | Fiber: 2g | Vitamin A: 12030IU | Vitamin C: 4mg | Calcium: 25mg | Iron: 0.3mg | NET CARBS: 5g

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